



Exercise with Esme

Gentle Movement. Great Company. Better Health.
Join us for fun, low-impact exercise sessions designed
especially for our beloved seniors
at Summervale Lifestyle Estate!

🙏 DONATIONS
WELCOME TO
SUPPORT THESE
WELLNESS
SESSIONS.

EVERY
WEDNESDAY
@ 10:00 - 11:00

@SUMMERVALE
CLUB HOUSE



Summervale
L I F E S T Y L E E S T A T E

ESME
062 040 6363

EVERYONE WELCOME —COME MOVE WITH US!